

## Headteacher's Note:

Hi everyone,

Unfortunately this week's events: Government delay in coming further out of lockdown and increasing cases locally have impacted on our hopes to invite parents to some of our events as we near the end of term. Please ensure you read my letter to clarify this.

Events will take place so the children won't miss out in taking part.

We were able this week to meet with parents of children new to Reception thankfully as we were able to arrange small socially distanced groups, outside of school hours, with no children present.

We look forward to seeing the children join Reception in September.

Kindest Regards

Julie Bratt

## Dates for your diary



**Wednesday 20<sup>th</sup> July:**  
End of Term

## Class Heroes:

Reception Rangers:

Daisy & Emilia

Shooting Stars:

Ryan

Racing Rockets:

Sofia

Cosmic Comets:

Penelope

Skyflyers:

Darcy

Voyagers:

Isla & Ethan

Starships:

Veer

Explorers:

JT

Red Arrows:

Millie

Well Done!



## IT Migration:

Following our migration we will have new email addresses for the school:-

Office: [admin@albrightonprimary.com](mailto:admin@albrightonprimary.com)

Nursery: [nursery@albrightonprimary.com](mailto:nursery@albrightonprimary.com)

Zoom: [zoom@albrightonprimary.com](mailto:zoom@albrightonprimary.com)

Please use our new emails accounts, however any emails accidentally sent to our old email accounts will automatically forwarded. Thank you.



### School Meals

Payment for school dinners **must** be paid in advance, online through ParentPay.

If there are insufficient funds on your child's account, you will be asked to pay immediately or bring sandwiches into school.

### Parking

We continue to receive complaints from neighbours and parents regarding parking, speeding, turning and generally discourteous behaviour. Please have consideration for children's safety and local residents. Thank you.

## Meet our Governing Body

### About Me



My name is Tracey Lewis and I am a parent governor at Albrighton School as well as a Aerosystems Engineer in the RAF currently based at RAF Cosford. Before moving to RAF Cosford in Summer 20, I have served at multiple bases around the country.

I have 2 daughters, Dahlia who is currently in year 2, and Jasmine who is starting at the Albrighton Primary School Nursery in September in Shinning Stars. This is the second primary school Dahlia has attended due to us moving with the RAF.

Albrighton and Cosford have been very welcoming and we are looking forward to exploring the area even more as the restrictions ease.

### My Favourites

**Food:** spaghetti bolognese (been a favourite since I was young) also anything we bake from The Great British Bake Off

**Colour:** yellow

**Sport:** I like swimming but my favourite sports to watch are tennis and rugby

**Books:** Harry Potter (to read to Dahlia) and Wow! Said the Owl (to read to Jasmine)

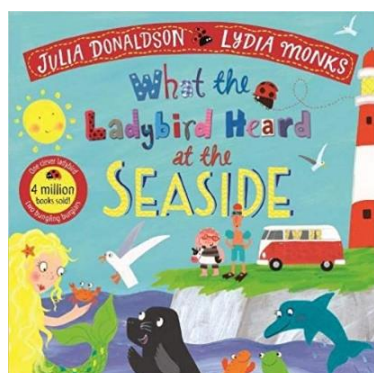
**Movies:** almost anything Disney and Harry Potter

**Place:** anywhere with a beach

**Animal:** dog

**Subjects:** Maths

## The Albrighton Book Worm



**Title:** What the Ladybird Heard at the Seaside

**Author:** Julia Donaldson

**Reviewed By:** Mrs Tearle

### Plot - What happens in the story

The clever little ladybird is off on a trip to the seaside, but those two bad men, Hefty Hugh and Lanky Len, are up to their wicked ways again. This time they're planning to steal the mermaid's hair and sell it to a famous star. Luckily, the crime-busting ladybird has a clever plan to stop the thieves ...

### Characters

The clever little ladybird and the very naughty Hefty Hugh and Lanky Len, as well as a whole cast of wonderful sea creatures.

### Who would like this story?

Once again another terrific tale from Julia Donaldson. The ladybird and the two naughty men hefty Hugh and lanky Len are back again for a 4th book. The rhythm and style of the story are the same as the previous books making it a joy to read. Hopefully there will be many more adventures for this ladybird in the future! Great illustrations as always by Lydia Monks. I highly recommend for children from 4 - 7 years old.

## Wellbeing for Younger Children



Wellbeing is a term we hear a lot when discussing adults and young people - but we don't often think about it so much for young children under five.

We know that rates of teenage mental health problems are rising alarmingly and we are aware that young people can feel stressed at times. But it is important to support our youngest children's wellbeing as well, so we are setting them off to a great start in life.

One critical factor in helping children improve their wellbeing is making sure that they know that they are loved for being the unique and precious individuals that they are. Parents and grandparents clearly have a crucial role to play in letting children know that they are unconditionally loved, but key workers, childminders and other early years practitioners have their own role to play in showing children that they are loved and wanted also.

*Here are some practical ideas for supporting young children's wellbeing at home:*

### **Playing Outside**

Research shows that children have a need to be outside, taking opportunities to explore, discover, climb and run.

### **Use Emotional Language**

We need to help children understand their feelings and using emotional language will help give them the vocabulary they need to understand their own feelings, as well as other people's. Even when children are babies we can start talking about their feelings. For example, when a baby is crying to be fed, we can say: "It's okay, I know you are feeling hungry. I am going to feed you now."

### **Stop Rushing**

Our lives are often very busy, and our children's lives can often be busy too. We need to help children find the time to rest and experience moments of stillness. You can also use yoga and mindfulness with young children as both of these practices help children to find stillness.

### **Being Creative**

Creativity is an essential part of wellbeing. We need to give children the space to be creative and join in the process with them. Find times to sing and dance with children, this can be a joyful experience. Give children the opportunity to experiment with a wide range of materials and mark-making tools. Creativity should be about enjoying the activity and not about having a finished product.

### **Join In**

Children have a passion for learning and discovering. They need adults around them who want to learn and explore with them. Children are great at becoming fascinated by something - this might be the snail and sticks you see on the road as you are walking to the shops, or it might be a keen interest in dinosaurs. As adults we can express our own interests and delight our children by learning alongside them, allowing their natural interests to shape our daily activities.

*Article taken from The Early Years Alliance*

## Job Vacancy

### **Pre-School Room Leader**

We are looking for an experienced pre-school practitioner to lead our 3-year-olds from September. The Room Leader will be responsible for providing high quality learning and managing a team of staff. They are expected to lead and manage the room on a day-to-day basis and to implement the Nursery's ethos and policies.

Full details are on our website: <https://www.albrightonprimary.com/learning/job-vacancies>

Closing Date: noon on Friday 2<sup>nd</sup> July



# Football

Mr Mountford, our sports coach ran his own Euros this week!





# What we have been learning in French.



Year 3

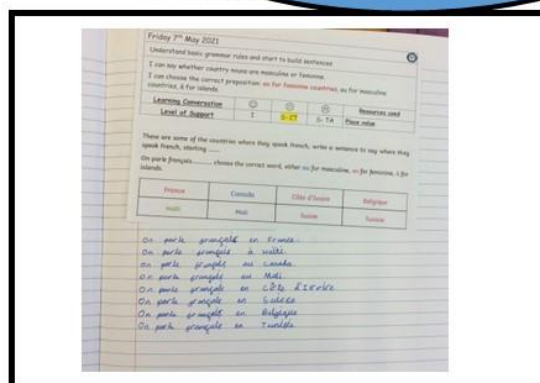
Year 3 have learnt the names of animals and have learnt about masculine and feminine words in French. They have been learning their numbers too!

I like French because you get to learn about new things in a different language.

Louisa, year 3

Year 4

Year 4 have learnt about different places where French is spoken and have learnt the French names for those countries and how to say 'On parle Français en ...' for different countries.



Year 5

Year 5 have been learning about towns in France. They learnt the names of shops and learnt to say where they were going.



Year 6

Year 6 have been learning to talk about school. They have learnt the school subjects, words for stationery and time phrases for talking about the school day.

I like the word banks because the symbols help me to find the right words.

Ruby, year 6



## *Term Dates 2021/2022*

<b>AUTUMN TERM 2021</b>	
Wednesday, 1 <sup>st</sup> September 2021	PD Day (staff only)
Thursday, 2 <sup>nd</sup> September 2021	Return to school
Thursday, 21 <sup>st</sup> October 2021	Break up for half term
Friday, 22 <sup>nd</sup> October 2021	PD Day (staff only)
Friday, 22 <sup>nd</sup> October - Friday, 29 <sup>th</sup> October 2021 Half Term Holiday	
Monday, 1 <sup>st</sup> November 2021	Return to School
Friday, 17 <sup>th</sup> December 2021	Break up for Christmas
Monday, 20 <sup>th</sup> December 2021 - Tuesday, 4 <sup>th</sup> January 2022 Christmas Holiday	
<b>SPRING TERM 2022</b>	
Tuesday, 4 <sup>th</sup> January 2022	PD Day (staff only)
Wednesday, 5 <sup>th</sup> January 2022	Return to School
Thursday, 17 <sup>th</sup> February 2022	Break up for half term
Friday, 18 <sup>th</sup> February 2022	PD Day (staff only)
Friday, 18 <sup>th</sup> February 2022 - Friday, 25 <sup>th</sup> February 2022 Half Term Holiday	
Monday, 28 <sup>th</sup> February 2022	Return to School
Thursday, 7 <sup>th</sup> April 2022	Break up for Easter
Friday, 8 <sup>th</sup> April 2022	PD Day (staff only)
Friday, 8 <sup>th</sup> April 2022 - Friday, 22 <sup>nd</sup> April 2022 Easter Holiday	
<b>SUMMER TERM 2022</b>	
Monday, 25 <sup>th</sup> April 2022	Return to school
Monday, 2 <sup>nd</sup> May 2022	May Bank Holiday
Friday, 27 <sup>th</sup> May 2022	Break up for Whitsun holiday
Monday, 30 <sup>th</sup> May 2022 - Friday, 3 <sup>rd</sup> June 2022 Half Term Holiday	
Monday, 6 <sup>th</sup> June 2022	Return to School
Thursday, 21 <sup>st</sup> July 2022	Break up for summer

**\*PD Days are subject to change**



## Shropshire and Telford & Wrekin School Games Wellbeing Week

# HEALTHY EATING

KS1

Food for life

We all need to eat and drink every day to stay alive.



This is to help us:

- grow;
- be active;
- stay healthy.

The food we like now might change as we get older.



We eat different food on special occasions.

This could include:

- Christmas;
- Eid;
- Hanukah;
- parties;
- weddings.



We eat food and have drinks at different times of the day.



Breakfast



Lunch



Dinner

Our senses help us like or dislike a food.

Sound



Smell



Taste



Feel



Look



We eat different food according to what we like and dislike.



**Task:** Draw a picture of three foods you like to eat. Write when you might have them and why you like them.

Shropshire and Telford & Wrekin School Games Wellbeing Week

# HEALTHY EATING

KS1



**Plan your sugar swap poster!**

Why shouldn't we have too much sugar?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which colour on a label means something is low in sugar?  
Circle the right colour.



Use this sheet to help you decide what to put on your poster!

**Task:**

Create a sugar swap poster

Draw or write a swap.

Breakfast	Drinks
  <div style="border: 1px solid black; width: 100px; height: 50px; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; width: 80px; height: 40px;"></div> </div>	  <div style="border: 1px solid black; width: 100px; height: 50px; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; width: 80px; height: 40px;"></div> </div>
Yoghurts	Puddings
  <div style="border: 1px solid black; width: 100px; height: 50px; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; width: 80px; height: 40px;"></div> </div>	  <div style="border: 1px solid black; width: 100px; height: 50px; display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; width: 80px; height: 40px;"></div> </div>





Shropshire and Telford & Wrekin School Games Wellbeing Week

# HEALTHY EATING

Reception and KS1

change  
4 life

Our Healthy Year Calendar  
Reception/KS1



## Task:

Click on the link below to download the

[Change4Life Healthy Year Calendar](#)

Try one of the fun activities every week to help your class eat well and move more!

Click on the interactive buttons to reveal fun facts, jokes and challenges.



## Shropshire and Telford & Wrekin School Games Wellbeing Week

# HEALTHY EATING

KS2

### Energy, nutrients and digestion

Different types of food provide different amounts of energy.



Different amounts of food and drink provide different amounts of energy.



Different amounts of energy are needed by the body for different activities.



Different people need different amounts of energy and nutrients. The amount of energy they need depends on their age, job, how active they are and their health.



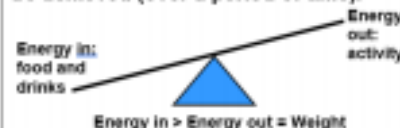
Energy is provided by carbohydrate, fat and protein.

Carbohydrate is the main source of energy for the body.

Fat is needed for health, but in small amounts.

Protein is needed for growth and repair.

To be healthy, energy balance should be achieved (over a period of time).



A variety of food from different food groups is needed to get the range of nutrients needed by the body.

Food Group	Nutrient (main)
Fruit and vegetables	Vitamins, e.g. vitamin A and vitamin C
Potatoes, bread, rice, pasta and other starchy carbohydrates	Carbohydrate
Beans, pulses, fish, eggs, meat and other proteins	Protein Minerals, e.g. iron
Dairy and alternatives	Minerals, e.g. calcium
Oil and spreads	Fat

Vitamins and minerals are needed for general good health.

Some have special jobs:

- vitamin A is needed for night vision;
- vitamin C is needed for the maintenance of healthy skin;
- iron is needed for healthy blood;
- calcium is needed for the growth and maintenance of strong bones and teeth.

Food and drinks provide nutrients, fibre and water.

The amount of a nutrient or fibre provided by a food or drinks, depends on the serving size consumed.

#### Tasks:

1. Write a healthy eating report for the school newsletter or website.
2. Produce a presentation about the nutrients provided by food.



Shropshire and Telford & Wrekin School Games Wellbeing Week

# HEALTHY EATING

KS2

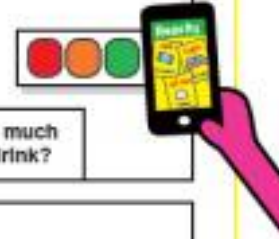
**Convince the people of Sugar Smart World to make healthier swaps!**

Complete the comic strip. Don't forget to use correct punctuation.

1. Why shouldn't they have too much sugar?



2. How can they find out how much sugar is in their food and drink?



3. What is one swap they can make?



4. What is another swap they can make?

Get creative!  
Example:



Task:

Create a sugar swap comic strip

Shropshire and Telford & Wrekin School Games Wellbeing Week

# HEALTHY EATING

KS2

change  
4life

Our Healthy Year Calendar  
Key Stage 2



## Task:

Click on the link below to download the

[Change4Life Healthy Year Calendar](#)

Try one of the fun activities every week to help your class eat well and move more!

Click on the interactive buttons to reveal fun facts, jokes and challenges.





## Spring 2021 Menu - Week 1

Weeks Commencing: 8 March 21, 29 March 21, 4 May 21, 24 May 21, 21 June 21, 12 July 21

	Marvellous Monday	Tasty Tuesday	Wicked Wednesday	Thrilling Thursday	Fruity Friday
MAINS	Pasta Bolognese Or Cheese Toastie (v) Tuna melt Toastie Or Jacket Potato (v)	Quorn Nuggets with BBQ Sauce or Sweet & Sour Sauce (v) Or Beef in Black Bean Sauce Or Omelette (v)	Chicken, Gravy & Yorkshire Pudding Or Veggie Tots, Gravy & Yorkshire Pudding (v)	All Day Breakfast Sausage, Bacon, Scrambled Egg Or Veggie Sausage (v) Or Toastie (v)	Pizza - Cheese & Tomato (v) Or Chicken Curry & Rice Or Jacket Potato (v)
SIDES	Garlic Bread Baked Beans Peas	Rice Noodles Baked Beans Broccoli	Roast Potatoes Creamed Potatoes Carrots Cauliflower	Bread Slice Potato Waffle Baked Beans Plum Tomato Mushrooms	French Fries Baked Beans Sweetcorn
DESSERTS	Raspberry Mousse Fruit Salad Fruit Yogurts	Chocolate Crispy Bite Fruit Salad Fruit Yogurts	Syrup Sponge & Custard Fruit Salad Fruit Yogurts	Mini Doughnuts Fruit Salad Fruit Yogurts	Fruity Friday Frozen Desserts Fruit Pots Yogurts 
	Wrap	Sandwich	Wrap	Sandwich	Crackers

Packed Lunch menu all served with fruit & salad, cheese portion, juice or water & dessert of the day